



## Rubella causes birth defects!

Rubella is a mild contagious disease which lasts three days. Symptoms might include a low fever, slight rash, and swollen neck glands. You might not even know you have it. The big problem is when pregnant women catch rubella. They may miscarry or their baby could be born with serious birth defects. This tragedy can be prevented by immunization.



## You can prevent it!

You can prevent it by getting a rubella shot. The vaccine that prevents rubella has been used in the United States since the 1970's. It is part of the MMR shot with measles and mumps vaccine. Rubella immunization has been required for all California school children since the early 1980's. It has not been available routinely in Mexico and many other countries. Women who did not attend school here should get an MMR shot to make sure they are protected against rubella. You can get your MMR shot from your doctor, clinic, or health department.

If you haven't had a tetanus booster, your doctor may give you a tetanus booster and hepatitis B immunization, too. Ask your doctor for an immunization record to make sure you know you and your future baby are protected from the dangers of rubella.



## If you are already expecting...

If you are already pregnant, you will need to postpone your MMR shot until after the baby is born.

**State of California—Health and Human Services Agency**  
**Department of Health Services, Immunization Branch**  
**2151 Berkeley Way, Berkeley, CA 94704**



# Someday...

**You  
might  
have  
a baby!**

**If you're considering becoming a MOM,  
Don't risk birth defects from Rubella!**  
(German Measles)

Don't assume you're protected.  
The key to protection is immunization.  
Ask your doctor or Health Department today!